

# **6<sup>TH</sup> ANNUAL KENTUCKY STATE PARKS RACE SERIES**

**A SERIES OF 5K RACES/WALKS**



**2010 SCHEDULE**

April 10 • May 15 • June 12 • July 10



[www.parks.ky.gov](http://www.parks.ky.gov)

## 2010 Kentucky State Parks Race Series

Runners and walkers are invited to compete in a unique series of 5k runs/walks featured at four Kentucky State Parks. Take this opportunity to participate in challenging courses with various park terrains. We encourage runners/walkers to participate in the entire series of races. See information for Fun Walk inside brochure.

Begin the series April 10th at E.P. "Tom" Sawyer State Park in Louisville. Continue the race series at the parks listed below.

Barren River Lake State Resort Park  
Taylorsville Lake State Park  
Rough River Dam State Resort Park

Bring your whole family for a weekend getaway and enjoy our beautiful state parks.

## Awards, T-shirts & Prizes

Awards for each race include an overall male and female winner, and 1st and 2nd place winners of each age division, male and female. Registration fees for each race include t-shirts that are guaranteed for pre-registered runners. Day of race registrations will be available while supplies last.

Points are awarded for each of the races and combined for a cumulative score. Grand Prize winners will be named during an award ceremony at Rough River Dam State Resort Park in Falls of Rough, KY.

The Grand Prize is awarded to the male and female accumulating the most points upon completion of the series. First runner up for both male and female categories will receive awards as well. Anyone who participates in the entire series of 5k races will receive a certificate of recognition and will be registered for a special giveaway.

## The Point System

Points are awarded for each of the runs and combined for a cumulative score. Points are awarded for both male and female participants as follows.

### Time Finishes

<b>18:00 &amp; under: 10 points</b>	<b>26:01 to 28:00: 5 points</b>
<b>18:01 to 20:00: 9 points</b>	<b>28:01 to 30:00: 4 points</b>
<b>20:01 to 22:00: 8 points</b>	<b>30:01 to 32:00: 3 points</b>
<b>22:01 to 24:00: 7 points</b>	<b>32:01 to 34:00: 2 points</b>
<b>24:01 to 26:00: 6 points</b>	<b>34:01 &amp; up: 1 point</b>

### Place Finishes

**Overall winner: 5 points**  
**1st place (each age group): 4 points**  
**2nd place (each age group): 3 points**  
**3rd place (each age group): 2 points**  
**Participants completing race: 1 point**

## Men & Women Age Divisions

<b>15 &amp; under</b>	<b>45-49</b>
<b>16-19</b>	<b>50-54</b>
<b>20-24</b>	<b>55-59</b>
<b>25-29</b>	<b>60-64</b>
<b>30-34</b>	<b>65-69</b>
<b>35-39</b>	<b>70 &amp; over</b>
<b>40-44</b>	

In order to be eligible for series awards, runners must compete in all four races. Pre-registration for the series is not required, but is available. If you do not pre-register for the series but wish to compete in the series, please check the box **"Competing in the Series"** on each race registration form before each race.

Runners who have a birthday during the series that requires them to change age groups will be competing for awards in the age group they finish the series in.

Be sure to complete and mail the pre-registration forms for the Kentucky State Parks Race Series today!

### April 10, 2010

Goose Creek 5k

E.P. "Tom" Sawyer State Park

Pre-registration fee: Run \$15 / Walk \$10

Contact: Vanessa Friday 502-429-7270

vanessa.friday@ky.gov

### May 15, 2010

Barren River 5k Classic

Barren River Lake State Resort Park

Pre-registration fee: Run \$15 / Walk \$10

Contact: Lisa Deavers 270-646-2151

lisa.deavers@ky.gov

### June 12, 2010

Possum Ridge 5k

Taylorsville Lake State Park

Pre-registration fee: Run \$15 / Walk \$10

Contact: Brian Pharis 502-477-8713

brian.pharis@ky.gov

### July 10, 2010

Magnolia 5k

Rough River Dam State Resort Park

Pre-registration fee: Run \$15 / Walk \$10

Contact: Sheila Jones 270-257-2311

sheila.jones@ky.gov

**For information on the entire  
Kentucky State Parks Race Series,  
contact Shawn Pickens at 502-564-4940 ext. 247,  
shawn.pickens@ky.gov or visit parks.ky.gov.**

# KENTUCKY STATE PARKS RACE SERIES

## 5K "GET FIT" WALK!



Don't feel like running? How about walking? The Kentucky State Parks Race Series welcomes you to join our fun "Get Fit" walk! Help make Kentucky and yourself healthier. Please check the appropriate box labeled "walk" on the registration form of the race of your choice. If you decide to walk at each of the races, fill in the "Kentucky State Parks Race Series" registration section and mark the box labeled "Walk".

Participants in the fun walks will be eligible for door prizes and will receive a race t-shirt and certificate of participation. T-shirts are guaranteed for pre-registered walkers and are available for day of race registrants as supplies last. Refreshments are also available for walkers. Strollers, children of all ages and pets on a leash are all welcome! Kentucky State Parks offers some of the best scenery Kentucky has to offer! So let's "Get Fit" and moving this spring and summer in our beautiful state parks!

### **Registration Fees:**

Pre-registration: \$10

Day of Race: \$15

Entire Series: \$30

(BEFORE APRIL 9, 2010)